



University of  
South Australia

**Bupa Wellbeing Competition**

# Slow down and unwind

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I made this poster called 'Slow down and unwind' because I think our world today is all about rushing, working non-stop and doing more, which can make us feel really stressed and tired. So, I wanted to share some ideas on how to take care of ourselves and feel better.

## **Eating healthy:**

First, eating healthy is important as the food we eat gives us energy and affects our mood. Eating healthy food is like giving our bodies the best medicine. It helps us stay strong, fight off sickness and have plenty of energy for our day. When we eat good food, we're taking care of ourselves from the inside out. So, I believe it's essential to eat good stuff so our bodies and minds have all they need to function correctly.

## **Getting outside in nature:**

Next, spending time in nature can make a big difference. Nature can boost our mood, lower stress and make us feel happier. Whether it's a walk in the park, a day at the beach or a hike in the woods, spending time in nature is a gift we give to our bodies and minds. It's a way to refresh, recharge and feel better overall.

## **Practising self-care:**

Taking care of yourself is a must. That means getting enough sleep, moving your body in a way you like (such as dancing, walking, doing yoga or playing sports), reading, and hanging out with friends or family. It's about finding time to relax and unwind from a busy day. Also, having fun and enjoying life is important! I believe we should be grateful for the good things and find happiness in everyday moments.

In the end, it is a reminder to myself and others that we need to slow down and take care of ourselves. By eating well, spending time in nature, practising self-care, and having joy and gratitude, we can have more balanced lives. I hope this story inspires you to think about your own wellbeing and make small changes to live a happier and more relaxed life.



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EAT HEALTHY  
SPEND TIME IN NATURE  
PRACTICE SELF-CARE

